



People needing to access services or experiencing a mental health crisis can call the County's 24-hour, multi-lingual Access and Crisis Line at **(888) 724-7240**.

Resources are also available on the **It's Up to Us website**.

“YOU CAN'T TELL
JUST BY LOOKING
AT SOMEONE
WHAT THEY ARE
GOING THROUGH.”



MAY IS MENTAL HEALTH MONTH



May 1-31

Live Well San Diego Trails Challenge

Nature offers incredible healing powers for our mind and body. Held in partnership with the County of San Diego Department of Parks and Recreation, Park Rangers will be hosting a series of ranger-led hikes each Saturday in May starting May 1.

[Click here for more information.](#)

May 1-7

Mental Health Therapy

The Southern Indian Health Council joins the national movement to bring awareness to mental health by promoting advocacy, providing support, and fighting the stigma surrounding seeking help. Each week in May will have a special focus, this week's focus is therapy as a whole.

[Click here for more information.](#)

May 2-8

Children's Mental Health Awareness Week and Day

The first week of May, culminating with Children's Mental Health Awareness Day on May 7th, raises awareness about the importance of children's mental health and reminds us that positive mental health is essential for a child's healthy development.

May 4-6

Mind Out Loud

This free, three-day virtual event for middle and high school students will provide an opportunity to discuss mental health, connect with peers across California, hear from engaging speakers on mental health awareness and advocacy, learn about suicide prevention, and reduce stigma associated with mental health.

[Click here for more information and to register.](#)

May 5

San Diego County Wellness & Recovery Summit

This annual conference hosted by RI International is created by and for people with lived experience of behavioral health challenges. This year's theme is Community Connection and Wellness. The event will be held via Zoom from 10am to 2pm.

[Click here for more information and here to register.](#)

May 6

Older Adult Mental Health Awareness Day

Join the National Council on Aging for the 4th Annual Older Adult Mental Health Awareness Day Symposium. This free, all-day virtual event will feature engaging plenaries, informative sessions, and a diverse array of topics addressing the most pressing needs in older adult mental health.

[Click here for more information.](#)

SCROLL TO NEXT PAGE



People needing to access services or experiencing a mental health crisis can call the County's 24-hour, multi-lingual Access and Crisis Line at (888) 724-7240.

Resources are also available on the **It's Up to Us website.**

“YOU CAN'T TELL
JUST BY LOOKING
AT SOMEONE
WHAT THEY ARE
GOING THROUGH.”

MAY IS MENTAL HEALTH MONTH



May 7

Youth Mental Health Well-Being Virtual Celebration

Join NAMI San Diego for a gathering celebrating children's mental health through art. The event is from 3pm to 4pm and will include an art display and art project for all ages.

[Click here for more information and to register](#)

May 8-14

What is Grief?

The Southern Indian Health Council joins the national movement to bring awareness to mental health by promoting advocacy, providing support, and fighting the stigma surrounding seeking help. Each week in May will have a special focus, this week's focus is on grief and loss and how to process it.

[Click here for more information.](#)

May 13

Suicide Prevention Council Faith Breakfast

Please join the Suicide Prevention Council for an educational and inspirational morning to discuss the connection between faith, suicide prevention, and mental health.

[Click for more information in English or Spanish.](#)
[Click here to register](#)

May 13

Reducing the Stigma- You Are Not Alone

At 7pm, the Southern Indian Health Council will be talking about mental illness, symptoms, statistics, and resources available in your community.

[Click here for more information.](#)

May 15-21

Taking Suicide Out of the Shadows– There is HOPE!

The Southern Indian Health Council joins the national movement to bring awareness to mental health by promoting advocacy, providing support, and fighting the stigma surrounding seeking help. Each week in May will have a special focus, this week's focus is on warning signs, when to ask for help and reducing stigma surrounding suicide.

[Click here for more information](#)

May 19

Wellness Wednesday

Do you paint? Compose? Create? Be sure to join the Mind Collective from 1pm to 2pm for a creatively healing discussion about the “art” of coping.

[Click here to register.](#)

SCROLL TO NEXT PAGE



People needing to access services or experiencing a mental health crisis can call the County's 24-hour, multi-lingual Access and Crisis Line at **(888) 724-7240**.

Resources are also available on the **It's Up to Us website**.

“YOU CAN'T TELL
JUST BY LOOKING
AT SOMEONE
WHAT THEY ARE
GOING THROUGH.”

MAY IS MENTAL HEALTH MONTH



May 22

NAMIWalks Your Way: A United Day of Hope

Anyone can participate in NAMIWalks Your Way by registering for the event and picking an activity of their choice, such as jumping rope, baking a cake, biking, practicing yoga or walking with friends and family in the neighborhood—all while taking precautions to stay safe.

[Click here](#) for more information and to register.

If you would like your May Is Mental Health Month virtual event posted to this calendar, please contact Nancy Page (nancy.page@sdcounty.ca.gov) with event information and a flyer or link.